



Weekly Rundown

12-5-2022

Practice Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TS- 5:30-6:30	B- 5:15-6:45	TS- 5:30-6:30	B- 5:15-6:30	G- 5:15-7:00	JR/JRE- 9:00-10:45
B- 5:15-6:30	G- 5:15-7:00	S- 5:15-6:30	S- 5:15-6:45	JR/JRE- 5:15-7:00	G- 9:00-10:45
S- 5:15-6:45	JR/JRE- 4:45-7:00	JR- 5:15-7:00 JRE- 5:15-7:30	G- 5:15-7:00		S- 9:00-10:30
G- 5:15-7:00	SRE- 5:15-6:30 am		JR/JRE- 4:45-7:00		B- 9:00-10:15
JR- 5:15-7:00 JRE- 5:15-7:30			SRE- 5:15-6:30 am		TSD- 9:00-10:00

Notes:

SRE- Senior El., SR- Senior, JRE- Junior El., JR- Junior G- Gold, S- Silver, B- Bronze, TSD- Tiger Shark Dev.

All practices are at Deaconess Aquatic Center unless stated otherwise

No practice for Gold on Wednesday due to a high school meet. Bronze practice has been moved from Wednesday to Tuesday. Junior practice will be offered with Gold at 9:00 on Saturday.

Coaches Corner

▶ Upcoming Events

- ▶ FRST Holiday Season Slam (12/9-11)
 - ▶ Registration Deadline has passed. More info to come.
- ▶ Congrats to the Junior Group on being our Food Drive winners! They will receive a pizza party at the end of practice tomorrow.
- ▶ Mark your calendars for Wednesday 12/14. We will be having our annual Christmas party for the team that evening from 5:30-7:30 in place of practice. Please check your email for more info.
- ▶ Beast Mode (Winter Break) Training Schedule will be out this week!

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ Karissa Farmer- 12/8